

WARREN

SENTINEL

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"Jolly Rogers"

Meet Morrie

The positive affect of quitting smoking

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Pursuing a degree?

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WAR GAMES

First Lt. Daniel Vorenkamp (right), 90th Missile Security Forces Squadron Assistant Operations Officer, illustrates a missile launch facility recapture exercise recently in the squadron's new war room in Building 34. Lieutenant Vorenkamp said the room will be used for training security forces personnel in a controlled environment to prepare them for the field.

Photo by Matt Cox

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Commentary

Meeting with Morrie

Brian Hoflund

90th Medical Operations Squadron

Remember Toby, the one friend that tobacco users are willing to stand out in the rain or in the middle of a snowstorm for? Meet Morrie, a member of the Air Force, who was struggling with his relationship with Toby. Morrie was a heavy smoker.

Morrie was a nervous man who seemed to be on the edge of his seat the whole time he was in my office. I asked him why he came to see me. He said while he was not sure what he needed to do, he was very sure he wanted to get his life, his physical and mental health, his family and friends, and most importantly, his career back.

Before I could even continue, Morrie started to ramble on about his relationship with his best friend, Toby. Like many relationships in the early stages, he described his as extremely pleasurable, relaxing and almost euphoric. But as the conversation progressed, Morrie started to express his concern about not being able to handle the influence Toby had in his life. Morrie stated how scared he was when he had to stand before his commander recently after he failed his physical fitness test and how resentful his family and friends were when he had allowed Toby to take his last dime and valuable time away from them.

Morrie was obviously torn between the need to keep Toby around and the needs of his family and friends, the need for better health and the need to be successful in his career. Fidgeting in his seat, Morrie pointed with nicotine-stained fingers and half-chewed nails to the article printed in the previous week's Sentinel that was sitting on my desk, as he asked me if I could guarantee him that giving up his relationship with Toby would be worth his effort. After all, his grandfather was a heavy smoker and lived to be 71.

I asked Morrie if he had ever played Russian roulette or knew what that game is all about. With an insulted look on his

face he glared at me and said, "Yes, but what's your point?" I told Morrie while I don't know how long he would live if he continued using tobacco, I do know what Toby would not be able to do once out of Morrie's life. To that end, the question I told Morrie he should be asking himself is, "Which nicotine fix out of the last 5,000 or which cigarette from which pack will be the one that sets off permanent damage to his health? Perhaps his grandfather was just very lucky and never had any health problems while he was alive, but I told Morrie statistics do not lie and the odds are against him — all he has to do is read the havoc Toby has wreaked in the lives of many people and he would find giving up that friendship would not only be well worth his effort, it would prolong his life.

I asked Morrie if he knew at that very moment keeping in mind the horror of months of chemotherapy, lung removal surgery and a two-foot scar, years of trying to recover from a serious stroke or massive heart attack, or fighting for every breath through emphysema riddled lungs as he drags oxygen around for the remainder of his life, what would he be willing to do, to ensure none of that happened to him. Morrie looked at me with discerning eyes while I told him all he had to do is to decide it is time to stop and be willing to endure 72 hours of withdrawal symptoms.

I pointed out if he remained 100-percent nicotine free for just 72 hours, his blood would become nicotine free whereby his withdrawal anxieties and the number

Morrie, Page 3

Street Talk

The Warren Sentinel asked Warren members, "If you had to deploy to a remote location, where would you want to go?"



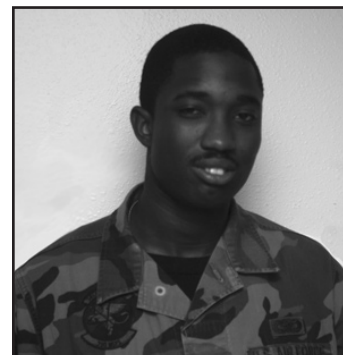
"Iraq. I just want to go to the desert. I just want to go to the sandbox."

- Staff Sgt. Becca Virtue, 90th Medical Operations Squadron



"Iceland, because I've never been there and I've heard good things about it."

- Staff Sgt. Zachary Parrish, 90th Mission Support Squadron



"The Netherlands or England. I was stationed overseas and I liked it."

- Senior Airman Carlton Howard, 790th Missile Security Forces Squadron



"If I was going on a remote, I'd go to Turkey."

- Staff Sgt. Colletta Walkemeyer, 90th Mission Support Squadron

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Security Forces Transformation

The future of security forces in combat

Col Brad Spacy
U.S. Air Force Headquarters Security Forces and Force Protection

WASHINGTON - In the early morning hours of Jan. 1, 2005, the first combat patrols of Operation Desert Safeside left the northern perimeter of Balad Air Base, Iraq, and began an aggressive 60-day combat operation to kill or capture insurgents attacking the air base. This was a historic mission for Air Force security forces. It was bold, put Airmen at risk and the stakes were high. We knew the results of Operation Desert Safeside would have far-reaching implications on the future of Air Force security forces as a credible ground combat force.

Operation Desert Safeside was carried out by the men and women of Task Force 1041. Specially built around a squadron of the 820th Security Forces Group, TF 1041 was led by a young security forces lieutenant colonel named Chris Bargery, chosen for his reputation as an innovative combat leader. TF 1041's designated area of operations was one of the most violent areas in the region, roughly 10 kilometers wide and 6 deep, from the Balad perimeter fence to the Tigris River.

Throughout January and February 2005, Colonel Bargery led the men and women of TF 1041 in more than 500 combat missions that included raids, ambushes and sniper operations aimed at taking back the initiative enjoyed by the enemy for more than two years.

TF 1041 did not disappoint. In just 60 days they captured 17 high value targets, eight major weapons caches, 98 other insurgents and reduced enemy attacks from their area of operations to nearly zero. And although TF 1041 endured numerous firefights,

"THE AIR FORCE NEEDS TO TRULY EMBRACE THE "EVERY AIRMAN IS A WARRIOR" CULTURE AND ENLIST THE WHOLE FORCE IN DEFENDING AN AIR BASE MUCH LIKE SAILORS DO AN AIRCRAFT CARRIER IN THE NAVY."

Col. Brad Spacy
Air Force Headquarters Security Forces and Force Protection

improvised explosive devices and indirect fire attacks, they sustained no injuries. Operation Desert Safeside was by all accounts an overwhelming success.

However, TF 1041's success on the battlefield had a larger effect than its immediate impact on the areas around Balad AB. TF 1041 also showed the world that Air Force security forces are an exceptionally capable ground combat force. This is a key point as security forces transform from a Cold War industrial security force to a relevant ground combat force for the joint warfight in the 21st Century.

Although security forces have claimed the base defense mission since the 1960s, it has always been considered an Army responsibility. In 1985, this was formalized when the Army became officially responsible for defense "outside the wire" of a fixed base. It was an unwritten understanding that Air Force security forces would stay inside the base perimeter. This looked fine on paper, but faced numerous challenges in application, which endured through the Cold War and into the 1990s.

During Operation Desert Storm, the lines of battle were fairly well-defined with major combat at the "front" and air bases supposedly tucked safely in the rear area. The first widely publicized indications that the enemy was changing tactics was seen during the attack on Khobar Towers, but the full impact of these changes weren't fully exposed until operations Enduring Freedom and Iraqi Freedom. In combat operations in Afghanistan and Iraq our bases are not always in the rear and the enemy has attacked us from all sides with relative impunity, just like at Balad AB. The world in which we conduct Air Force operations is changing, and we need to adapt.

Early last year, when previous Air Force/Army agreements were dissolved, the Air Force was left with a tough problem; while security forces are eager to fight outside the wire, most are untested in the combat environment experienced by TF 1041. This situation is exacerbated by the fact that security forces are spread thin conducting security missions and other tasks throughout the theater. This is where Security Forces

Transformation comes in.

Security Forces Transformation will help the Air Force deliberately embrace the air base defense mission by addressing requirements in all areas, from doctrine to training and equipping, and even leadership preparation. Security Forces Transformation will also re-tool the organizational structure to ensure we have the number of troops available to take the fight to the enemy outside the wire. However, air base defense is a tough mission, and security forces can't do it alone. Effective air base defense requires an integrated approach.

The Air Force needs to truly embrace the "every Airman is a warrior" culture and enlist the whole force in defending an air base much like Sailors do an aircraft carrier in the Navy. All Airmen must be trained and equipped to man "battle stations," and leaders must be prepared to lead them in the ground fight. Security forces might be the ones outside the wire, but the whole Air Force team will have to ensure the base remains protected from penetrative attacks and insider threats, and be ready to respond when called upon. This is the reality of the world today.

I knew when I designed Operation Desert Safeside that the only way to stop the enemy from attacking our air bases was to go out and kill or capture him and take his weapons. I knew that security forces had the skills and courage to take on this mission and make it a success. The brave men and women of Task Force 1041 proved this to be true in dramatic fashion. Operation Desert Safeside provides a look at the future of Air Force ground combat, and Security Forces Transformation is the key to ensuring we're all ready to protect and defend.

Morrie, From Page 2

of psychological cravings would reach their peaks ... the greatest challenge will be over. In fact, within 20 minutes of setting aside his last cigarette (or last dip of tobacco), his blood pressure and pulse rate would drop to normal while circulation would improve to his extremities. This is all due to the oxygen level in his blood returning to normal

levels and the levels of carbon monoxide decreasing in his blood. More importantly, I told Morrie after only 24 hours his chance of heart attack would have already decreased and just two days after his quit date, his ability to smell would improve and physical activities would be noticeably easier. Within 10 to 14 days, actual physical withdrawal would

be substantially reduced because his mind has physically adjusted to the absence of nicotine by that time.

Morrie looked at me intently while I told him the period of one to nine months would bring about many significant changes in his life without Toby. He'll notice coughing, sinus congestion and shortness of breath have decreased dramatically and

the cilia in his lungs have regrown, increasing his body's ability to handle mucous, clean his lungs and reduce infection. After one year, his risk of coronary heart disease will literally be cut in half. Five years smoke-free will reduce his risk of a stroke, while the risk of cancers of the mouth, throat and esophagus will be cut in half. In 15 years, his risk for

coronary heart disease and stroke is the same as for a lifelong non-smoker.

We have to take care of our own bodies. It is imperative we treat them with respect and maintain them the same way we would our cars or favorite tool, because unlike the favorite drill you can replace, we will not get a second chance if we ruin our bodies.

FPA

Warren civilian retires after 40 years of service

2nd Lt. Josh Edwards
90th Space Wing
Public Affairs

Darlene Kirkpatrick, Management Analyst for the Manpower and Organization Flight, is retiring, effective today, after 40 years of service to the Air Force. Twenty two of those 40 years have been at Warren.

Ms. Kirkpatrick was born at Scott AFB, Ill., and in 1961, she started her Air Force career there as well. She took some time to go to college before resuming her career at Kirtland AFB, N.M., where she spent 16 years.

Ms. Kirkpatrick said the Air Force has been good to her, and she feels blessed to have been able to spend such a long time serving. Between 1990 and 1997, she survived three reductions in force, and each time, the civilian personnel office was able to find her

a job, for which she has been grateful.

During her 22 years at Warren, Ms. Kirkpatrick has seen many changes to the base.

"I came here when they put the Peacekeeper in, and of course I was here when they took it out," said Ms. Kirkpatrick. Her husband, who is a retired Air Force civilian, worked with the Peacekeeper missile during his time at Warren.

Ms. Kirkpatrick said her retirement comes with a lot of emotions. After 40 years of working in the Air Force environment, there's some anxiety and fear about leaving such a familiar daily setting, she said.

"But, my time has come," said Ms. Kirkpatrick. "I hate leaving this office because they're great people."

All of Ms. Kirkpatrick's co-workers will miss her

dearly as well.

"She's just a fantastic lady," said Walt Milford, MOF Flight Chief. "One of the best folks I've ever had the pleasure of working and being associated with."

Mr. Milford pointed to Ms. Kirkpatrick's sick leave balance of almost 2,300 hours as a testament of her reliability and dedication to service.

At her retirement ceremony Wednesday, Ms. Kirkpatrick will receive the Outstanding Civilian Career Service Award, an honor bestowed on the most stellar career Air Force civilians. Mr. Milford said that in the last five years, there have only been five of the awards given out.

Ms. Kirkpatrick helped the MOF garner the Air Force Space Command Manpower and Organization Award for Professional Excellence, Small Manpower Flight of



Photo by Toby Heineken

Darlene Kirkpatrick, Manpower and Organization Flight Management Analyst, displays flowers from her co-workers on the occasion of her 40th year as a government employee. Ms. Kirkpatrick is retiring from the Air Force today.

the Year for the years of 2000, 2001, 2002 and 2004.

MaryJane Prah, MOF Mission Support Branch Chief, has been Ms. Kirkpatrick's supervisor since 1994.

"Darlene's a very unique person to have work for you," said Ms. Prah. "She's a self-starter, and does an excellent job. It's amazing she's worked for the govern-

ment for 40 years."

"Losing Darlene is like losing your right arm," said Master Sgt. Rebecca Weber, MOF NCOIC, who's worked with Ms. Kirkpatrick for about a year and half. "She's an inspirational woman and co-worker with so much knowledge, and it's going to be hard seeing that knowledge go."

90 MDG wins big in Space Command

90th Medical Group

The 90th Medical Group captured 18 individual and team medical service Air Force Space Command awards. Warren's winning medics will now compete at the Air Force level.

Individual winners:

Dental Airman of the Year:

Senior Airman Jaylon Sybert

NCO Medical Technician of the Year:

Tech. Sgt. Joseph Sanchez

Laboratory NCO of the Year:

Tech. Sgt. Traci Oaks

Pharmacist of the Year:

Maj. David Osborne

Pharmacy SNCO Technician of the Year:

Master Sgt. Gregory Shepard

Public Health SNCO of the Year:

Master Sgt. Jason Devereaux

CGO Social Worker of the Year:

Capt. Ebon Alley

Health Benefits Advisor of the Year:

Candace O'Malley

Medical Material Airman of

the Year:

Senior Airman Bradley Rubright

SNCO Biomedical Equipment

Repair of the Year:

Master Sgt. Donald Vrable

Health Plan Management Officer

of the Year:

1st Lt. Tanya Yelverton

Health Plan Management Air-

man of the Year:

Airman 1st Class Jeannette

Collins

Health Plan Management Civil-

ian of the Year:

Christine Lysinger

Aerospace Medicine NCO of the

Year:

Staff Sgt. Emmanuel Huezo

Aerospace Medicine SNCO of the

Year:

Senior Master Sgt. Curtis

Kinnick

Group Practice Manager of the

Year:

2nd Lt. Tony Barrie

Team winners:

Pharmacy of the Year

Medical Information Systems Team

of the Year

AAHC presents

AGOSPEL

EXTRAVAGANZA

Workshop Schedules

Feb. 10	5 to 9 p.m.	Main Chapel
Feb. 11	8 a.m.-6 p.m.	White Chapel

Concert Schedule

Feb. 12 • 5 p.m. • Base Chapel

Facilitator: TSgt Brian King, Beale AFB
Guest Facilitator: Rev Daryl Cherry, Colorado Springs, CO

FREE

For more information please contact Capt Dillard x4948

celebrating community

A tribute to Black Fraternal, Social & Civic Institutions

Briefs

DTS training

Defense Travel System training is scheduled to be held from 9:30 to 11:30 a.m. Feb. 28 at the base theater. This training is for members who currently use the system or have the possibility to use it.

For more information, call Staff Sgt. Jennifer Thomas at 773-2654.

Mass time change

Catholic daily mass at the High Plains Chapel has changed from 11:35 a.m. to 11 a.m.

Facility Managers needed

The 90th Operations Group is seeking mission focused personnel with drive and self-initiative in the grades of staff to technical sergeant to serve as Missile Facility Managers, AFSC 8S000. Facility Managers are responsible for multimillion-dollar facility maintenance as well as the conduct of at least seven personnel on a daily basis.

To find out more about this special-duty, controlled tour assignment, contact Master Sgt. Michael Whittaker at 773-4210.

CAPEX rehearsal road closures

There will be a first-time CAPEX rehearsal on Wednesday and Thursday. This will involve closing down the intersection of Central and Rogers avenues near Gate 5. There will be no through traffic - Gate 5 will be open on Wednesday from 6 to 11 a.m. and on Thursday from 9 to 11 a.m. to allow access to the horse stables and MHT. Traffic control points will be set at the following locations:

TCP #1: Rogers Road near Building 2210/Pavilion (south)

TCP #2: Central Avenue near Building 2340/CATMs (west) (will still allow access to 153rd)

TCP #3: Rogers Road and Sampson Road intersection (north)

TCP #4 Inside Gate 5 and Sampson Road (east) (will still allow access to Stables/MHT) Access to the horse stables, MHT, Hot Cargo Pad (MUNS) will be from Gate 5 only -- traffic must turn right onto Sampson Road. Access to the 153d CACS will still be allowed from West Central Avenue.



Photo by Airman 1st Class Brandy Holcepl

HAPPY BIRTHDAY

Airmen 1st Class Nadine Rudtke and Cristina Canales, 90th Missile Security Forces Squadron members, cut the birthday cake at the Chadwell Dining Facility birthday meal Jan. 23. The meal was held for Airmen who celebrated birthdays during the months of October and November. Airman Rudtke's birthday is Oct. 20 and Airman Canales's is Oct. 18.

Are you ready for promotion?

A breakdown of need-to-know info for earning that extra stripe

Senior Master Sgt. Yvonne Miller
90th Space Wing Career Assistance Advisor

Fully understanding the enlisted promotion system can help give one an advantage when it comes to being promoted.

The enlisted promotion system provides a visible, relatively stable career progression opportunity over the long term. It is designed to attract, retain, and motivate to career service the kinds and numbers of people the military services need, while ensuring a reasonably uniform application of the principle of equal pay for equal work among the military services.

The general eligibility requirements for promotion are:

proper skill level, sufficient time in grade, sufficient time in service, recommendation by immediate commander, promotion eligibility cutoff date and enlisted performance reports.

Points for promotion to staff through master sergeant:

TIG: One-half point for each month in current grade (up to 10 years), as of the first day of the last month of the promotion cycle, for a maximum of 60 points.

TIS: One-sixth point for each month of total active federal military service (up to 20 years) as of the last day of the last month of the promotion cycle, for a maximum of 40 points.

Points for promotion to senior and chief master sergeant:

TIG: One-half point for each month in current grade (up to 10

years), as of the first day of the last month of the promotion cycle, for a maximum of 60 points.

TIG: One-twelfth point for each month of TAFMS (up to 25 years) as of the last day of the last month of the promotion cycle, for a maximum of 25 points.

Test scores can be retrieved from the Air Force Personnel Center Web site <http://www.afpc.randolph.af.mil/vs/>

SNCOs can also retrieve/review their Data Verification Rip from the AFPC Web site.

Testing information:

Books, notepads, calculators, beepers and cell phones are prohibited in the testing room. Anyone found with these items, after the test session begins, will have their test immediately terminated and will not be permitted to retest.

Bottom Line: Promotion testing is solely an individual responsibility.

For more information, contact promotions at 773-2366.

Full Page ad

Full Page ad

Wyoming couple receives national exposure

Air Guard family learns how to shop under the bright lights of CNN

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. – Shopping at the commissary is not normally a newsworthy event for military families. But when CNN cameras and the executive chef from *Cooking Light* magazine are following you around – that's a shopping trip worth talking about.

Wyoming Air National Guard Air Traffic Controller Capt. Pedro Rampolla and Denise Rampolla, a Wyoming Air National Guard Family Readiness and Support Services Coordinator for the 153d Airlift Wing, are among the few who have these bragging rights. As they get healthy through a regimen of diet, exercise and lifestyle adjustments, the Rampollas are enjoying their fair share of fame on CNN's "American Morning."

The couple was one of three chosen from thousands of applicants for a health makeover as part of the morning show's "New You Resolution" segment. CNN cameras and Billy Strykowski, the Executive Chef for *Cooking Light* magazine, were recently on hand to follow the Rampollas around the Warren Commissary for some guidance on healthier food choices to satisfy a busy family of six.

During an "American

Morning" interview introducing the couple, Captain Rampolla, who recently returned from a tour in Iraq, declared the family was probably eating too much fast food because of their on-the-go lifestyle.

"We'll probably be shopping more frequently at the commissary since we're changing our habits," said Mrs. Rampolla. Change means less fast food – and more fresh food.

Coincidentally, commissaries worldwide kicked off the new year by launching shelf signs with dietary tips as part of the Defense Commissary Agency's on-going "It's Your Choice, Make it Healthy" campaign.

"We're excited that our initiative to be the nutritional leader of the military ties in so well with a military family's participation in CNN's 'New You' segment," said Patrick Nixon, Chief Executive Officer and Acting Director of the Defense Commissary Agency.

"Commissaries offer fresh produce, lean meats and health and wellness products, and lots of healthy snack alternatives," Mr. Nixon said. "We want to encourage military shoppers to fix more of their meals at home instead of eating on the go, and take advantage of opportunities to choose healthier products by reading labels at the commissary."



Courtesy photo

Denise and Capt. Pedro Rampolla learned to shop with Billy Strykowski (right), Executive Chef for *Cooking Light* magazine, at the Warren Commissary Jan. 17. Captain and Mrs. Rampolla, both members of the Wyoming Air Guard, were one of three couples selected out of thousands of applicants for CNN's "New You Resolution" segment.

"The commissary always helps me with outreach to our guard families and it really is 'our' store," said Mrs. Rampolla, who is also an active representative and member of the board of governors of the National Military Family Association. "Chef Billy thought the commissary was amazing. He told us that with the quality of the produce and meats in our commissary, we should never be preparing meals from ingredients in bags and boxes!"

The determination to shop healthy is part of the "New

You" blog on CNN's Web site, where Mrs. Rampolla declared the commissary trip with "Chef Billy" to be "an educational shopping trip unlike any other trip for family groceries."

"We bought fresh fruit, vegetables, and fresh fish and even went for the buffalo meat instead of ground beef," she wrote. "I'm excited to experiment with all the new options and recipes for healthier, fresh family meals. Our children are embracing the changes remarkably well. Veggie chips instead of potato chips

for instance, wheat bread instead of white." She is also bringing her lunch to work – instead of eating nothing, or a handful of candy.

The blog, which will be continually updated by the Rampollas, can be found at <http://www.cnn.com/SPECIALS/2006/new.you/blog/> and the "New You" segments air Tuesday mornings on CNN and can also be found on their Web site. Information about "It's Your Choice, Make it Healthy" can be found at the DeCA Web site at <http://www.commissaries.com>.

Full Page Ad

Full Page Ad

90 SFG creates war room to train hundreds

Officer turns vacant room into latest training tool

Matt Cox
90th Communications Squadron Visual Information

When the 90th Missile Security Forces Squadron was reorganizing in Building 34 late last year, 1st Lt. Daniel Vorenkamp, 90 MSFS Assistant Squadron Operations Officer, saw an opportunity to transform a room left vacant into the newest security forces training tool.

The idle space is now a tactical training station called the war room.

"After we reorganized and everyone was situated we had this great space left open," Lieutenant Vorenkamp said. "So we decided to transform it into a room with purpose."

The war room consists of a large wooden sand table which includes a scaled replica of a missile launch facility. The walls are covered with illustrations to help security forces Airmen visualize training exercises; first in the sandbox, then in the field.

Lieutenant Vorenkamp described the lessons taught in the room as the "crawl and walk" phase of training. A place for security forces personnel to get their feet on solid ground before going full speed in the field.

Maj. John Seaberg, 90 MSFS Commander, said he sees the war room as a powerful tool to train experienced and inexperienced personnel on the basics of launch facility security before the stakes are raised in a real-world event.

"Our newly assigned lieutenants have historically been trained using a trial and error method rather than a systematic

step-by-step approach," he said. Repeating the "crawl, walk, run" terminology adopted along with the creation of the war room, Major Seaberg said it will afford his troops crucial "pre-game preparation and post-game analysis" important to security forces responsibility of protecting the nation's nuclear resources.

"It's a dynamite training device," said Lieutenant Vorenkamp. "To gather a team around the table and actually go through an exercise on a smaller scale before hitting the field is a very important educational tool."

The pliable sand lets Lieutenant Vorenkamp and other trainers replicate any topographical feature security forces personnel may find near a missile complex. "Our ability to mimic any feature, such as hills and roads, is invaluable to our tactical training," he said.

Col. Allen Jamerson, 90th Security Forces Group Commander, said because the missile field is so expansive, having an instrument like the war room can help Airmen visualize tactical operations before implementing them.

"The war room and sand table give our trainers the ability to show our airmen how their movements are impacted by the terrain that surrounds the launch facilities," Colonel Jamerson said. "The beauty of the table is that someone who has never seen a launch facility can visualize exactly what the trainer is teaching before they go out to the field."

The visual aides covering the walls add an equally important aspect to training.



Photo by Matt Cox

First Lt. Daniel Vorenkamp (right), 90th Missile Security Forces Squadron Assistant Operations Officer, shows off the squadron's newest training tool, the war room. Located in Building 34, the war room includes visual aides and a sand table to assist in security forces training exercises.

"The posters are a constant reminder that national security and the preparation to defend it must always be in the forefront of our thinking," said Colonel Jamerson.

Senior Airman Christopher McCrory, 90 MSFS, said training on the table has given him a different perspective, a bird's eye view of an entire launch facility.

"We may be required to respond to squadrons that we don't normally work in and the table allows for a better understanding of the set-up of those sites," he said.

Airman 1st Class Jennifer Smolenski, 90 MSFS, said the sand table helps her see a 360 degree view of a launch facility which is impossible on site.

"The room is really helpful because we can see different ways of setting up a recapture, which is critical to my job," she said. "It allows us to watch out for things we might not think about when we are out there."

Capt. Justin Secrest, 90 MSFS Operations Officer, said the war room helps all security forces troops get

on the same page when it comes to crisis response.

"Our squadron falls under the 'site security' portion of missile security. This means that we are responsible for day-to-day security response to situations throughout a missile complex," he said. "This is a huge responsibility with 535 folks averaging 22-years-old. We have nine flights working at various times and our personnel are scattered out geographically. Because of these factors, training is crucial, but also challenging."

The war room was designed to ease this challenge.

Lieutenant Vorenkamp said 100-percent participa-

tion for all security forces members is expected.

"Everyone in the squadron, and hopefully everyone in the group, will train here over the next year," he said.

What Colonel Jamerson and Major Seaberg are most proud of is their young officers' initiative and ingenuity.

"I would love to take credit by saying the war room was a result of some senior inspiration, but the truth is that outstanding young officers like Lieutenant Vorenkamp made this happen through personal initiative, creativity and the determination to ensure our Airmen receive the best training possible," said Colonel Jamerson.

"AFTER WE REORGANIZED AND EVERYONE WAS SITUATED WE HAD THIS GREAT SPACE LEFT OPEN. SO WE DECIDED TO TRANSFORM IT INTO A ROOM WITH PURPOSE."

1st Lt. Daniel Vorenkamp
90th Missile Security Forces Squadron

Learning curve

Free testing programs help Airmen get degree ahead of schedule

**Airman 1st Class
Connor Elayan**
90th Space Wing Public Affairs

Pursuing a college degree can be a difficult task for military members. Conflicting work schedules and military and family-related commitments are all obstacles servicemembers must overcome in continuing their education. However, the Warren Education Center can help make the dream of a college education a reality.

The Warren Education Center offers three testing programs that help servicemembers obtain their degrees by awarding college credits for knowledge and experience gained outside of the classroom ... and best of all, the tests are free for active-duty military members.

The College Level Examination Program, DANTES Subject Standardized Tests and the Excelsior College Examinations offer tests in a variety of subjects including business, humanities, mathematics, sciences, social sciences, education, foreign languages and nursing. Credit awarded for each test ranges from three to 12 college credits.

"It is a great tool to put you in a position to succeed," said Dale Justice, Warren Education Center.

There are many benefits to taking advantage of the various testing programs the education center offers. Most important pertaining to military members is it allows individuals who do not have a steady schedule to achieve their educational goals, said Mr.

"I WOULD HAVE NEVER BEEN ABLE TO GET MY CCAF DEGREE AS FAST AS I DID. IT NOT ONLY SAVES YOU TIME BUT IT ALSO SAVES YOU MONEY."

Senior Airman Monica Wong
90th Missile Security Forces Squadron

Justice. Also, these tests are free to military members so testing saves the member and the government money if they pass. If a test is not passed the first time, members can retest in as little as six months.

According to the College Board Web site, other benefits include making college more interesting by moving straight to advanced courses, graduating on time and satisfying proficiency requirements.

Senior Airman Patrick Sullivan, 90th Logistics Readiness Squadron, took advantage of testing programs offered by the education center to help complete his Community College of the Air Force Degree in Information Management.

"The main benefits of these tests are that you get a \$55 or \$60 test for free. If you fail, there is no punishment or admonishment; if you pass, you get free college credit," said Airman Sullivan. "When you finally get to go to school full time, you get to focus on your major or concentration exclusively."

Airman Sullivan was awarded a total of 27 college credits by

completing tests in natural science, social science and history, computer information systems, public speaking, principles of management, principles of supervision and ethics through the DSST and CLEP testing programs. These credits helped him earn his CCAF degree in about one year.

"They drastically cut down the amount of time I had to spend going to school at night," said Airman Sullivan.

Airman Sullivan plans to pursue a bachelor's degree from Colorado State University.

Senior Airman Monica Wong, 90th Missile Security Forces Squadron, also took advantage of testing programs offered by the education center to receive her CCAF degree in Criminal Justice in less than a year.

Airman Wong passed five tests for a total of 15 college credits.

"I would have never been able to get my CCAF degree as fast as I did," said Airman Wong. "It not only saves you time, but it also saves you money."

CLEP, DSST and Excelsior study materials are available at the base library. Study guides, books, videos and CD-ROMs can be checked out to help members prepare for the tests.

The best place to start, however, is the Web sites of the various testing programs, said Mr. Justice. There, those interested in testing are able to view and print study guides and other test information.

As colleges and universities have different policies as to what tests, if any, will be accepted, it is important to contact the institutions first to see which CLEP, DSST and Excelsior credits will be accepted, said Mr. Justice.

For more information on CLEP, DSST and Excelsior testing programs, contact the base education center at 773-2117. To schedule a CLEP only, contact Judy Rose, Laramie County Community College CLEP administrator, at 773-2113. (This is the first in a three-part series.)

FOR MORE INFORMATION ON CLEP, DSST AND EXCELSIOR TESTING PROGRAMS VISIT:

- CLEP testing: <http://www.collegeboard.com>
- DSST testing: <http://www.getcollegecredit.com>
- Excelsior testing: <https://www.excelsior.edu>

FPA



Photo by Tech. Sgt. Larry A. Simmons

LACKLAND AFB, Texas - Airmen prepare dinner at the culinary arts training school during the services apprentice course. The 31-day course consists of teaching all facets of the services trade.

Security forces transformation: More than meets the eye

**Senior Airman
J.G. Buzanowski**
Air Force Print News

WASHINGTON - As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, Director of Security Forces and Force Protection, calls these transformations a "refocus" on how his people train and fight.

"We're not in the Cold War anymore; we have to alter our mentality and our practices for today's reality," the general said. "Because of the nature of the threat, our Airmen are fighting the Global War on Terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective."

Essentially, security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation,

General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

"Our Airmen are going 'outside the wire' to conduct missions and are proving successful in keeping people safe," General Holmes said. "Not only for the folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror."

Security forces Airmen must learn counter-insurgency techniques and in doing so, they'll operate more effectively in joint operations, said Maj. Gen. Norman Seip, Assistant Deputy Chief of Staff for air and space operations.

"We need to be prepared for a full-spectrum of threats against an air field," General Seip said. "That means taking more responsibility

for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we're working closely with the Army to identify additional ways to train our Airmen."

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control at home stations. Plans call for more DoD civilians, greater affiliation with guard and reserve and better use of technology, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airmen to participate in installation security. While that doesn't necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training, awareness and capability to respond and participate, he said.

"Will every Airman be a cop? No. But every Airman will be a warrior," General Holmes said. "Every Airman needs to be trained in basic force protection skills and must be

prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We want Airmen to be comfortable with their duty weapon and to develop their shooting skills."

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

"Right now our folks are going out for 179-day rotations," he said. "Our Airmen need time to reconstitute and train, so it's important to get them in line with the rest of the Air Force. We aim to do just that."

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

"We want to make our Airmen more proficient, and to do that, we need to adapt," General Holmes said. "We're going to change our training, our tactics and our procedures and the Air Force will be better for it."

Volunteers: Making a difference in the community

2nd Lt. Josh Edwards
90th Space Wing Public Affairs

Have you ever had too much time on your hands outside of duty hours? There's a way you can use that time wisely, not just for your own benefit, but for the benefit of others.

Volunteering in Cheyenne is one of the most important ways servicemembers can make a difference in the community. All it takes is finding something that makes one happy and putting the core values to work. Just ask Capt. Chris Kay, 90th Contracting Squadron and Master Sgt. Bryan "Alf" Grzegorzcyk, 90th Space Wing Safety Office.

Captain Kay, 90 CONS Plans and Programs Flight Commander, has been a volunteer for the Cheyenne YMCA since he arrived on station a year and a half ago. He coaches children's sports and is also an elected member of the YMCA board of directors.

"It's been really nice and rewarding to be able to put a military face to some of the things that are going on in Cheyenne," said Captain Kay.

As a member of the board of directors, Captain Kay helps create and implement policies on such issues as facilities and rate changes at the YMCA. At the present time, the board of directors is in the middle of a capital campaign to raise funds and bring more services to the YMCA.

A board member can volunteer a minimum of four hours a month,

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Capt. Chris Kay
90th Contracting Squadron

but to do their best and support the organization fully, about 10 hours a month are needed, said Captain Kay.

Coaching gives Captain Kay a chance to give back to the community and also spend time with his children, a 5-year old son and 3-year old daughter. Even though he doesn't know all the sports, he still coaches them, joked the captain.

"[Coaching] is really a good deal for people with children of those ages. If they just volunteer their time to coach, most of the time their children get to play the sports for free," said Captain Kay. Along with financial benefits come the important benefits of bonding with one's family. "It's a good way to volunteer and mold that with being a family."

Captain Kay stressed the importance of servicemembers getting involved to make a difference in

their communities by volunteering.

"We have such a huge military presence in this community," said Captain Kay. "Being able to provide that face to the community and to show that we care about the community is important for them to know."

Sergeant Grzegorzcyk, 90 SW Missile Safety Superintendent also volunteers much of his off-duty time to organizations around Cheyenne.

Sergeant Grzegorzcyk has been a member of the American Legion for 18 years. He's currently the state finance officer for the organization, which has about 8,000 members in the state of Wyoming. For that position, Sergeant Grzegorzcyk oversees the budget and all finances of the organization and travels to meetings around the state.

Sergeant Grzegorzcyk also runs the Cheyenne American Legion

bingo hall, of which all proceeds raised go back into the local community. Between the finance officer position and the bingo hall, Sergeant Grzegorzcyk estimates that he spends approximately 15 to 20 hours a week volunteering.

"For me, it's all about helping other people out, helping the veterans," he said. "I just do it because I enjoy doing it."

In February, Sergeant Grzegorzcyk will help the Cheyenne American Legion hold a creative arts festival for the veterans at the Cheyenne Veterans Affairs hospital. There will also be a fundraiser event at the American Legion March 4 that will include a dinner and silent auction.

In addition to his volunteer work with the American Legion, Sergeant Grzegorzcyk is president of the all-volunteer Cheyenne Airport Golf Club Board and serves as a hospitality minister at St. Mary's Catholic Church.

"We need to work hand-in-hand with the community, and volunteering plays a big part in working with the volunteer organizations downtown," said Sergeant Grzegorzcyk. "It's important to show that we also live in the same community as the civilians downtown."

If you would like to highlight a Warren member who has significantly contributed his or her time to the Cheyenne community, contact 90th Space Wing Public Affairs at 773-3381.

Stay tuned for more difference makers in upcoming issues of the Sentinel.



Photo by Senior Airman Lauren Hasinger

STRIKE!

Lt. Col. Shelley Fuerst throws one down the lane during the Military Affairs Committee bowling party Tuesday at Warren Lanes. Colonel Fuerst is a member of the Wyoming Air National Guard 243rd Air Traffic Control Squadron. The MAC holds monthly activities on base. Squadron commanders from Warren, WANG and the Navy took time to bowl with local business members and talk about the military and the community.

Denver native helps base rock MSET

Airman helps 37 HS receive Professional Team Award

Airman 1st Class Brandy Holcepl, 90th Space Wing Public Affairs, sat down with Senior Airman Jamie Wolff, 37th Helicopter Squadron, to talk about her job, her career and her military accomplishments.

Where are you from?

I am from Denver. I lived there until I was 12 years old, then we moved to Nebraska. I lived there until I joined the military.

When did you enlist?

I joined when I was 18 years old and I've been in just over three years.

Why did you join?

I joined because I didn't know what I wanted to do. I didn't want to go to college and waste my money when I didn't have a goal. So, I figured I could learn responsibility, get some direction and travel while I was in the military.

Why did you choose the Air Force over other military branches?

I had friends that were joining the Air Force and they put me in touch with their recruiter and I liked what I heard.

What do you do for your job?

We support the air crew. We make sure the flyer is qualified before they fly. We call flight medicine and make sure they are physically qualified and we check their training records to make sure they are qualified.

Do you like your job?

Yes. I like it because it is predictable. I don't have to worry about getting a call at two in the morning to go out in the field. It is the same thing every day and I get lots of interaction with the people that I work



Photo by Airman 1st Class Brandy Holcepl

Senior Airman Jamie Wolff files paperwork at the 37th Helicopter Squadron Jan. 25. Airman Wolff is set to begin teaching spinning classes this month.

with, and it is indoor work.

Have you won any awards while you have been in the Air Force?

I won a career field award called 'The Aviation Resource Management Airman of the Quarter RAF Mildenhall Award' last year. And my squadron won the Professional Team Award for the MSET.

What did you do for the MSET?

We did a lot of prep work like scrubbing folders and records and checking them against the computer. We did general cleaning around the squadron.

What was the MSET inspection like for your section?

It mainly focused on pre-flight training requirements and the

inspectors watched the people fly. It took four days instead of the whole week they said it was going to take. It was Monday through Thursday and on Friday we were outbriefed.

What are some differences between England and the United States?

It was completely different. America is more convenient than England. England doesn't have any 24-hour stores or drive-thrus. I think most of the stores closed at eight in the evening and the closest McDonalds was half an hour away. Traveling is easier in England. You can get a round trip airline ticket for \$20. Well, as long as it is on a European airline. They only fly within European countries so the flights are only 45 minutes.

What do you do in your spare time?

I love to go to the gym, I try and take all the classes offered, and I spend a lot of time in Denver with my family on the weekends.

What is your favorite class offered by the gym?

The spinning class is my favorite. I am going to start instructing a spinning class [this month].

What is the most important thing you have learned in the military?

To be responsible, paying your bills on time, being to work on time, and to be respectful because there are going to be things you don't agree with, but you have to respect the rank and time in service and do what they say, even if you don't agree with it.

What are your career goals?

I would like to become a chef - maybe run a bed and breakfast or an inn.



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Full Page Ad

Full Page Ad

Ski Free at Ski Cooper

In appreciation of military members, Ski Cooper is hosting a free military appreciation day Feb. 14. Outdoor recreation has a limited number of free lift tickets. These free tickets are for active-duty military members and their dependent family members only. Ski Cooper will also have free ski rental, \$10 ski or snowboard lessons for those age 11 years and older, and half off everything in their cafeteria. Customers must show an active-duty military ID to receive this offer. Reservations for the lessons can be made by calling Ski Cooper at 719-486-3684. ODR is offering transportation to Ski Cooper for \$15 per person. Reservations with payment are required by Feb.10.

For more information, call 773-2988.

Colorado Eagles hockey trip

Outdoor recreation is hosting a trip to the Budweiser Event Center Feb. 11 where the Colorado Eagles

will take on the Lubbock Cotton Kings. Tickets are \$16. Travel by ODR is an extra \$6. The trip departs at 5 p.m., game time is 7:05 p.m. Tickets will also be available for the March 24 game.

For more information, call 773-2988.

Ski Jackson Hole

Outdoor recreation is hosting a ski trip to Jackson Hole, Wyo., Feb. 17 to 20. Jackson Hole has plenty of shopping opportunities, art galleries, restaurants, snowmobiling and elk refuge tours. The cost is \$195 per person (double occupancy) and includes transportation, ski or snowboard package and three nights lodging in downtown Jackson. Discounted lift tickets can be purchased for \$35 (active-duty military ID cardholders only) at Teton Village ski area or \$51 for DoD, military dependent or military retiree ID cardholders from ODR.

For more information, call 773-2988.

Snowmobile adventure

Outdoor recreation is hosting a snowmobiling trip to Snowy Mountain Range Sunday. The cost is \$115 for each snowmobile driver, \$60 for adult riders, \$35 for child riders ages 10 to 16 and \$10 for children 9 and under. Snowmobile operators must be at least 16 to operate the machine alone. Helmets are included. The trip is scheduled to depart ODR at 6:30 a.m. and return to base approximately 4 p.m.

For more information, call 773-2988.

New provider orientation

A free new child-care provider orientation class is scheduled for 9 a.m. to 5 p.m. Monday, and 8 a.m. to 5 p.m. Feb. 10. All military spouses interested in providing child care are invited.

For more information or to register, call 773-3317.

First Steps basketball program

Registration for the First Steps basketball program

ends today for children ages 3 and 4 years old. The cost is \$25 per child and includes all practices and scrimmages, equipment, team uniforms, NYSCAcertified coaches and an end-of-season banquet.

This six-week program is designed to teach young children the fundamentals of basketball. All instruction will take place at the youth gym on Wednesday nights from 6 to 7 p.m. starting the second week in February.

For more information, call 773-2564.

Super Bowl party

The Trail's End Club is scheduled to have a Super Bowl party starting at 1 p.m. Sunday. The game starts at 4 p.m. The cost is \$2 for members and \$5 for non-members and includes chili dogs and nachos.

For more information, call 773-3048.

Laser tag

Laser tag at the Warren Community Center is now open. Hours of operation are 3 to 9 p.m. Tuesdays through Thursdays, 1 to

11 p.m. Fridays and Saturdays, and 1 to 6 p.m. Sundays. The cost is \$5 per hour.

Other activities include pool tables, table tennis, Dance Revolution, Playstation 2, XBox, electronic darts, foosball and basketball.

The batting cages and rock climbing wall require reservations, however, walk-ins are welcome based on availability. The cost is \$4 per half hour for batting cages and \$5 per hour for the rock climbing wall. Use of the rock climbing wall requires pre-certification. The cost is \$10 per person.

For more information, call 773-3511.

Monster truck show

Outdoor recreation has discounted tickets for the monster truck show today and Saturday at the Budweiser Events Center. The cost is \$13 for adults, \$9 for children, for a savings of \$2 per ticket.

For more information, call ODR at 773-2988.



Dollars for Scholars



The second annual "Dollars for Scholars" Live Basket Auction will be Friday, Feb. 17 at the Trail's End Club.

Come and bid on gift baskets, delicious desserts and local treasures, auctioned off by Kyle Shobe, professional auctioneer.

Cocktails and basket viewing begin at 6 p.m., with dinner at 7 p.m. and the auction to follow.

Please RSVP by Thursday, February 9th to T.J. at 214-9740 or Kim at 638-4665.

Dinner is \$15 per person. Attire is semi-formal. Child care is available on site. All proceeds go to the WSC "Dollars for Scholars" program which awards scholarships to exceptional deserving students.



Warren Spouses Club

THIS IS UNBELIEVABLE! I'm back for GREAT DSC... CHEF! ease... a CHEF! ease... CHEF! Please... seconds! should be a CHEF! of that Please... be a CHEF! be a CHEF! at Please... CHEF!

Sampling

Feb. 23, 2006,
from 11 a.m. to 1 p.m.
at Trans High Bay

11 a.m. to 1 p.m. 11 a.m. to 1 p.m. 11 a.m. to 1 p.m.

On the Menu

- Macaroni and Cheese
- Chicken
- Collard Greens
- Banana Pudding

celebrating community

A Tribute to Black Fraternal, Social and Civic Institutions



SNCO, NCO inductees



The following promotees were inducted to the ranks of NCO and SNCO during a ceremony at the Trail's End Club Tuesday.

To chief master sergeant

Terry Ard, 90th Security Forces Group

To master sergeant

James Donaldson, 90th Space Wing
 Brian Halvorson, 90th Maintenance Operations Squadron
 Shawn Matzen, 90th Missile Security Forces Squadron
 Jeffrey Doctor, 90th Missile Maintenance Squadron
 Aaron Wesson, 90th Operations Support Squadron
 Michelle Edwards, 90 SW
 Jesse Clement Jr., 20th Air Force
 Kevin Young, 20 AF
 David Marsteller, 20 AF
 Robert Bails, 20 AF
 Eric Edwards, 90 MOS



To staff sergeant

James Clouse Jr., 90 MOS
 Austin Wilson, 90th Security Support Squadron
 Destrey Robbins, 90th Civil Engineer Squadron
 Carnell Poteat, 90 SSPTS
 Antione Williams Jr., 90 MMXS

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